

Knowledge Organiser

Year: 4 Subject: RSHE Block 2 Being Safe and My Body

**Overview:**

During this sequence of learning, pupils will look at judging what kind of physical behaviours and contact are acceptable and unacceptable, including ways to respond. They will reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.

**What should I already know?**

- My body belongs to me and I have a right to keep my body private and decide who can touch my body. I have a responsibility not to touch other people in a way that might make them feel uncomfortable.
- Correct names for the main parts of the body, including external genitalia) and the bodily similarities and differences between boys and girls.
- As I grow older and mature my body will continually change throughout my life.

**Vocabulary:**

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| Public  | Somewhere where other people can see you  |
| Private | Somewhere where people cannot see you, are less able to see you or where only a few trusted people may be |

**What will I know by the end of the unit?**

- I know some things can be done in public and some things should only be done in private. The place where a behaviour occurs can affect whether it is appropriate or not appropriate.
- Everybody can have different ideas about appropriate behaviour which is OK but there are some things that are never acceptable for me to do to another person or for someone to do to me.
- I know about different types of touch within relationships and how to respond if someone behaves inappropriately towards me.
- I know about types of behaviours within relationships and how to respond.
- I know how a baby develops, starting with a single cell egg which splits into two cells then keeps doubling.
- I know this collection of cells is called a foetus and how fast a foetus grows inside the mother until the baby is ready to be born at approximately 40 weeks.
- I know how my body has changed so far and how I will continue to grow and change as I become a teenager and then an adult.
- The time when I change from being a child to being a young adult is called puberty. My body and emotions will be very busy during puberty and it is helpful for me to be ready for puberty so I know what to expect.
- Everybody is different and it is natural for people to grow, develop and experience puberty at different times.

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| Uncomfortable | Not pleasant and enjoyable  |
| Growing       | Increasing in size, strength and changing physically  |
| Developing    | Process of growing and becoming more mature, including gaining more skills  |
| Foetus        | A human being in later stages of development before it is born  |
| Puberty       | The stage when you develop from a child into an adult because of changes in your body that make you able to have children |

